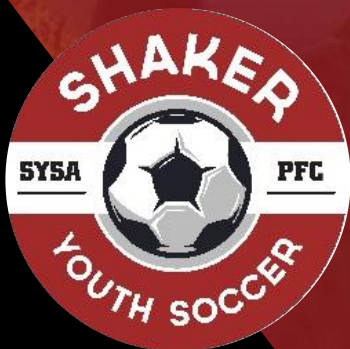




SYSA



SHAKER YOUTH SOCCER ASSOCIATION

RECREATION LEAGUE

2022 Fall Season Coaching Guide

Goals of the SYSA Recreation Program

- ❖ To ensure that players enjoy participating and want to return!
- ❖ To encourage a level of technical competence
- ❖ To provide opportunities for young players to learn the principles of play
- ❖ Learn soccer while having FUN!

Practice Philosophy

- ❖ Play-Practice-Play
- ❖ 3 drills per practice max
- ❖ Each phase focuses on a specific goal
- ❖ Playing is the best way to learn!

Best Coaching Practices

- ❖ No lectures
- ❖ No Standing Around in Lines
- ❖ Be clear, concise, and to the point
- ❖ The longer it takes, the quicker you lose players' focus
- ❖ No laps.
- ❖ Don't use physical punishments it discourages player
- ❖ Player centered
 - Focus on the player then focus on the team
 - Teams are built by building each player
- ❖ Find ways to make practices competitive and fun
- ❖ Challenge players to master skills "lets see who can juggle the most" or "who can dribble through the cone the fastest"
- ❖ Start with 1v1 games/drills and build from there
- ❖ Observe and let them play
- ❖ Only 1 or 2 freezes in play for instruction



SYSA

SHAKER YOUTH SOCCER ASSOCIATION RECREATION LEAGUE 2022 Fall Season Coaching Guide

Practice Themes – Focus on one theme per practice.

All Age Groups:

1. Ball Control
2. Positioning & Moving on & Off the Ball
3. Ball Possession
4. Shooting

Older Age Groups:

5. Building Offense out of the Back Field
6. Switching the Point of the Attack
7. Transitions
8. Fixed Patterns

Example Practice: Dribbling

- ❖ **Play Phase 1:** Players dribble and coach tries to catch them. If caught, players try to catch other players
- ❖ **Practice Phase:** Dribbling through cones using both feet using all side of the foot. Small touch Vs big touch
- ❖ **Play Phase 2:** Game time!! Allow the players to use what they learned in a game like situation
- ❖ **Discussion:** Ask guided questions
 - How can we get away from defenders?
 - Why are dribbling?
 - When can we dribble?

